

3G PITCH FOOTWEAR GUIDANCE



Please see below footwear guidance illustrating which boots are permitted to be used on the 3G pitch at Helsby High School.

PERMITTED FOOTWEAR:




Artificial Ground (AG)
RECOMMENDED

Specifically designed for extra abrasion, these boots usually feature more numerous and densely concentrated studs that vary in height and may be hollowed out.



Firm Ground (FG)
RECOMMENDED

Sole plates feature moulded studs which are evenly dispersed across the foot to offer enhanced traction and comfort.



Hard Ground (HG)
RECOMMENDED

Sole plates utilise a harder Thermoplastic polyurethanes compound for enhanced durability and typically feature multiple slightly shorter, evenly dispersed studs for optimal pressure distribution.



Blades
PERMITTED

Sole plates feature multiple straight slightly shorter, evenly dispersed studs that can restrict movement and turning which could cause injury.

FORBIDDEN FOOTWEAR:



Soft Ground (SG)
TEAR THE SURFACE

Sole features removable, replaceable screw-in studs and typically come in a six-stud configuration, with four at the forefoot and two at the heel.



Soft Ground Pro (SGP)
TEAR THE SURFACE

Also known as Hybrid or Mixed Stud, the sole plate comprises of a combination of conical screw-in studs and moulded studs, which are most commonly bladed.



Turf Trainer (TF)
SLIPPERY WHEN WET

Otherwise known as Astro's, they feature a solid rubber outsole with numerous, small multidirectional lugs spread across the sole, which offer limited grip in wet conditions.



Flat Sole (Indoor)
NO GRIP & FLATTEN SURFACE

Sole made up of non-marking materials such as moulded gum rubber and feature pivot points, flex grooves and herringbone patterns.